October: Bully Prevention Lesson for all grades

Today we will be learning about bullying. Bullying is when someone is doing or saying something mean. Of course, raise your hand if you have ever said or done something mean (everyone should raise their hand, yourself included) ☺ Are we all bullies? No! So what makes it bullying. These mean actions become bullying when 1. They are on purpose. Bullies aren’t doing the mean things on accident. 2. They are done over and over. So a bully isn’t mean just one time, but is mean every day or every week. 3. The bully usually has more power, so they are bigger or older (with 3-5 you can also discuss how popularity might give someone more power).

Today we are going to read a book about bullying. K-2 read Bully Beans. 3-5 read Goodbye Bully Machine.

After reading the book, discuss the strategies presented in the book. Stress to the students that our NUMBER 1 strategy at MCES is to TELL AN ADULT! Help students identify trusted adults who they can report to. Explain that they can report in person or write a note to an adult. Talk about how it is helpful to not only report to your parent, but also to an adult who is in the location where the bullying is taking place.

Activity: K-2 students complete “Bystander Club” tshirt. Have students draw a picture showing how they can help if they see someone being bullied. (tell an adult, say stop, invite the victim to play, comfort the victim, etc.)

3-5 students will complete ”Picture This” . Students will make a comic strip about bullying and draw a picture in the last box showing how much more powerful we are when we all stick together!